

What is oligospermia and how can oligospermia be cure?

[Oligospermia](#) is identified by a deficiency in several sperm cells in the ejaculate. This could significantly affect the fertility of males. This condition, called oligozoospermia, is a source of concern for couples and individuals trying to get pregnant.

What is Oligospermia?

Oligospermia is defined as a sperm count below the norm, usually less than 15 million sperm for every millilitre of semen. It is essential to realize that sperm count is only one factor that determines a man's male fertility, and people with oligospermia could be able to father a child. However, the lower the number of sperm counts is, the more difficult conception can be.

The causes of oligospermia

Many factors can cause an oligospermia-like condition, from the way of life to medical illnesses. The most common [oligospermia causes](#) are:

Varicocele: It is the growth of veins inside the scrotum. This may affect the production of sperm.

Hormonal imbalances: Changes in hormone levels, like low testosterone or estrogen levels, could affect the production of sperm.

Genetic causes: In some instances, genetic factors can result in oligospermia.

Infections: Certain infections may affect the production of sperm and function.

Environmental influences: Exposition to chemicals, toxins, or radiation could cause harm to the production of sperm.

Oligospermia Symptoms

Oligospermia is typically asymptomatic, so people may not show obvious [oligospermia symptoms](#). The main sign of this is having difficulty conceiving after a year of unprotected

sexual activity. It is essential to seek medical advice when conception fails since oligospermia might be the cause.

Mild Oligospermia

[Mild Oligospermia](#) can be described as an uncommon condition in which the number of sperm counts is more significant than in severe or moderate cases, but it is below what is expected. The males with mild oligospermia might have between 10 and 15 million sperm in millilitres. While it's not as severe, it still poses problems for conception.

Organic Oligospermia

Organic Oligospermia suggests that the lower number of sperm is due to medical or physical circumstances, not lifestyle choices. Finding and fixing the root factors is crucial to a successful treatment. This could require a thorough medical examination, which includes hormonal tests, genetic screenings and imaging studies to detect structural anomalies.

Oligospermia Treatment

The [oligospermia treatment](#) is based on the underlying cause and the seriousness of the issue. The most common treatments are:

Lifestyle changes: A healthy lifestyle, which includes regular exercise and a balanced diet and abstaining from smoking cigarettes and drinking excessive alcohol, can positively impact the number of sperm in your.

Medicines: Hormonal imbalances may be treated with medications that increase the production of sperm.

Conclusion

Oligospermia is an illness that requires careful examination and, if needed, intervention. Understanding the underlying **oligospermia causes** is crucial, and symptoms and exploring [oligospermia treatment by homeopathy](#) are essential for couples and individuals dealing with fertility issues. When dealing with mild, organic or more severe types of oligospermia, seeking professional medical advice is necessary to ensure a customized and efficient treatment. Modern advances in **homeopathic medicine** continue to offer some hope to those

struggling with problems with fertility and emphasize the importance of a timely diagnosis and a comprehensive [oligospermia treatment](#).